costal margin and without any other signs of disease. It was surprising how many livers were enlarged in recruits from Song (mainly Ulu Ketibas). No explanation is offered.

Thyroid Enlargement. Goitres were not gross in size but were frequent in occurence. Half the cases were diffuse enlargements and half small adenomata localised to one part of the gland. A large goitre is not to be expected in young men but in the long-houses many of gigantic proportions were seen in old people. The striking fact about the incidence of goitre was that 17 of the 19 cases came from the up-river districts namely Kapit, Song and Lubok Antu. It may also be remarked that these places are beyond the tidal reaches; whereas Simanggang, Engkilili and Kanowit are tidal or very close to tidal reaches. Possibly the availability of salt water fish in the latter places provides sufficient iodine to prevent goitre. Sea salt is available in the long-houses in the interior but it is hardly ever added to the cooking and had to be asked for if required. Perhaps salt being so highly prized is insufficiently used.

Respiratory diseases. The signs of chest disease were usually so minimal as to be impossible to evaluate without X-ray facilities. Of the 8 cases 5 were ascribed to an acute infection and three were thought to be chronic—either tuberculosis or bronchiectasis. It was surprising considering the high rate of pulmonary tuberculosis in the Far East to find so little amongst these men. Perhaps this is because the life the Ibans lead in a long-house is a healthier one as there is far less overcrowding than in urban dwellings.

Tinea. The only cases of this aliment were tinea imbrecator or "kurap". No other skin disease was found.

Eyesight. Since 98% of recruits were illiterate special charts had to be made and standardised. The minimum visual acuity accepted was 6/9 or better in each eye and when using both eyes together at least 6/6. Only one in ten failed to attain this standard. My impression is that this is much better than National Service recruits in the U.K. Another fact that emerges is that nearly half the men who were rejected on the grounds of defective eyesight had associated diseases (such as malaria, otitis media, etc.) sufficient to exclude them in any case. One wonders if their visual acuity would have been normal if these other illnesses had not adversely affected their health.

Cardiac Murmurs. These were all systolic and were ascribed to functional causes since no cardiac enlargement or other pathology was found. Murmurs were twice as common in the pulmonary area as at the apex. Only two or three were of a harsh nature and may have denoted slight degrees of pulmonary steno-